**Group Therapy Note Template Series**

**Cognitive Processing Therapy**

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| **Group Format:** | Twelve 90-minute sessions |
| **Outcome measure/s:** | PCL-5 |
| **Outcome measure frequency:** | Administered before each session |
| **Note Template Version:** | 1.0 |

**Session 1 Group Progress Note: Introduction and Education Phase**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 1st group session of CPT for PTSD.

Group facilitators socialized the patient to CPT reviewing the following topics:

1. Structure, length and frequency of group sessions
2. Group rules and expectations
3. Rationale for regular attendance, practice assignments and active participation

Group members introduced themselves to each other. Group facilitators provided psychoeducation regarding PTSD, symptoms, trauma recovery, cognitive theory of CPT, types of emotions, and goals of treatment.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a baseline score of XX, indicating meeting criteria for PTSD.

**Practice Assignment:** Impact Statement. Group members will write at least a one-page narrative of why they think this event occurred and how it has impacted their lives, in the following areas: safety, trust, power/control, esteem and intimacy.

**Plan:** Continue Group CPT for PTSD.

**Session 2 Group Progress Note: The Meaning of the Event**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 2nd group session of CPT for PTSD.

Group facilitators provided check-in with group member.

Reviewed group rules and handout.

Group members discussed the practice assignment, the Impact Statement, focusing on the potential stuck points that might interfere with recovery. Group facilitator helped group members to recognize assimilation, over-accommodation, and accommodation in their impact statement. Stuck points were added to the Stuck Point Log. Concepts of PTSD symptoms, info processing theory, treatment rationale, and stuck points were reviewed. Facilitator helped group members identify and see how connections are made between events, thoughts, and feelings. Facilitator introduced the A-B-C Worksheets with examples from group members to demonstrate the connection between thoughts, feelings, and behaviors.

Group facilitator asked for the group member’s reactions to the session and collected Impact Statements from group members.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will complete at least one A-B-C Worksheet each day, with at least one worksheet to challenge a stuck point about the worst traumatic event other worksheets may include stuck points about everyday events. Add any new stuck points to the Stuck Point Log.

**Plan:** Continue Group CPT for PTSD.

**Session 3 Group Progress Note: Identification of Thoughts and Feelings**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 3rd group session of CPT for PTSD.

Group facilitators provided check-in with group members.

Group facilitator reviewed A-B-C Worksheets, which helped to demonstrate how to label thoughts vs. feelings as well as recognize that changing thoughts can change the intensity and type of feelings. Thoughts related to self-blame and guilt were challenged. The A-B-C Worksheet related to the trauma and stuck points were recognized. Group members were encouraged to add new stuck points to the log. Group facilitator began to gently challenge stuck points. If facilitators have chosen to do CPT+A, the Written Account Practice Assignment is introduced. Stuck point logs are collected.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will complete at least one A-B-C Worksheets daily addressing identified stuck points about the trauma, along with adding stuck points to the log.

***If the optional CPT+A format has been chosen***: Group members will also write a full trauma account using sensory details and read the account daily until the next group session.

**Plan:** Continue Group CPT for PTSD.

**Session 4 Group Progress Note: Remembering the Traumatic Event**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 4th group session of CPT for PTSD.

Group facilitators provided check-in with group members.

Stuck point logs were returned. ***For CPT option (no written account):*** Discussed ABC sheets completed around assimilated trauma stuck points and patients’ reactions to this assignment. ***For CPT+A option:*** Group members were asked about their feelings during writing and reading their Trauma Account. Group facilitators asked about areas where it seemed something was avoided.

Stuck points were identified and shared with the group. Group facilitators challenged stuck points related to self-blame and other assimilation. The difference between responsibility and blame was discussed.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will continue to complete A-B-C Worksheets on their trauma stuck points daily. For CPT+A, group members will also rewrite the full Trauma Account using sensory details and read the account daily until the next group session.

**Plan:** Continue Group CPT for PTSD.

**Session 5 Group Progress Note: Second Trauma Account**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 5th group session of CPT for PTSD.

Group facilitators provided check-in with group members.

***For CPT+A option:*** Group members discussed the second written Trauma Account. Group facilitators helped group members to discuss the differences and similarities in feelings between what happened at the time of the event and now, as well as the differences in feelings after writing it the second time.

***For CPT option:*** Continued to process thoughts and emotions around trauma. Group members discussed reactions ABC sheets completed and shared new stuck points they discovered.

Introduced Challenging Questions Worksheet by using examples from the group to confront maladaptive self-statements and stuck points. Focused on self-blame, which implies intentionality, and continued cognitive therapy on stuck points regarding the worst traumatic event.

Group facilitator asked for the group reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will complete the Challenging Questions Worksheet to challenge one stuck point each day. For CPT+A, continue to read Trauma Accounts if emotions are still strong.

**Plan:** Continue Group CPT for PTSD.

**Session 6 Group Progress Note: Challenging Questions**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 6th group session of CPT for PTSD.

Group facilitators provided check-in with group members.

Group facilitators reviewed the challenging questions worksheets to assist group members in analyzing and confronting stuck points. Group facilitators introduced the Patterns of Problematic Thinking Worksheet by reviewing the handout with an example and helping the patient to generate possible examples.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will identify stuck points and utilize the Patterns of Problematic Thinking daily to write down new examples. Group members were encouraged to look for patterns. For CPT+A, patients are to continue to read Trauma Accounts if emotions are still strong.

**Plan:** Continue Group CPT for PTSD.

**Session 7 Group Progress Note: Patterns of Problematic Thinking**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 7th group session of CPT for PTSD.

Group facilitators provided check-in with group members.

Group facilitators reviewed the Patterns of Problematic Thinking Worksheet to assist each group member in looking for patterns of thinking that may have impacted how they have been thinking about the traumatic event. The Challenging Beliefs Worksheet was introduced using a trauma example to help group members practice cognitive restructuring. Five problem themes: safety, trust, power/control, esteem, and intimacy were briefly discussed. The first theme, safety issues related to self and others, was introduced with the practice of the Challenging Beliefs Worksheet.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will identify stuck points each day and confront them using the Challenging Beliefs Worksheet. Group members will also read over the Safety Module and complete at least one worksheet to confront beliefs related to safety issues. Also, these sheets can be used for other stuck points or recent distressing events.

**Plan:** Continue Group CPT for PTSD.

**Session 8 Group Progress Note: Safety Issues**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 8th group session of CPT for PTSD.

Group facilitators provided check-in with group members.

Group members utilized the Challenging Beliefs Worksheet to confront problematic cognitions and generate alternative beliefs. Introduced Trust issues related to self and others, the second of five problem areas. Group facilitators discussed second-guessing one’s own judgement, betrayal, and comparisons of trust before and after a trauma.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will read over the Trust Module and consider how the event changed their beliefs. Members will utilize the Challenging Beliefs Worksheet to challenge stuck points and focus on stuck points related to trust of self or others.

**Plan:** Continue Group CPT for PTSD.

**Session 9 Group Progress Note: Trust Issues**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 9th group session of CPT for PTSD.

Group facilitators provided check-in with group members.

Group facilitators challenged trauma-related stuck points on trust and generated alterative beliefs using the Challenging Beliefs Worksheet. Introduced third problem area, Power/Control issues related to self and others. Group facilitators discussed self-power, expectations related to control, lack of total control versus feeling like no control, and power over others.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will address stuck points with the Challenging Beliefs Worksheets. Group members will also read the Power/Control Module and complete worksheets related to stuck points around Power/Control.

**Plan:** Continue Group CPT for PTSD.

**Session 10 Group Progress Note: Power/Control Issues**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 10th group session of CPT for PTSD.

Group facilitators provided check-in with group members.

Group facilitators utilized the Challenging Beliefs Worksheet to review the connection between Power/Control and self-blame. Session goal is, as always, to attain a balanced statement (e.g. having total control versus being completely helpless). Facilitators presented and discussed the Ways of Giving and Taking Power Handout. Introduced Esteem issues related to self and other, the fourth of five problem areas. The Esteem Module was reviewed and explored how self-esteem may have been impacted by the event.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will read the Esteem Module and confront esteem related stuck points with the Challenging Beliefs Worksheets. Group members were also encouraged to practice giving and receiving compliments during the week as well as doing one nice thing for themselves daily without having to earn it.

**Plan:** Continue Group CPT for PTSD.

**Session 11 Group Progress Note: Esteem Issues**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 11th group session of CPT for PTSD.

Group facilitators provided check-in with group members.

Group members discussed reactions to giving and receiving compliments. Group facilitators utilized Challenging Beliefs Worksheet to help the group recognize esteem issues and assumptions. Group facilitators chose to have a discussion around a common belief that some group members may believe they are permanently damaged because of the trauma. Also the group was questioned about the role of perfectionism and overgeneralizations related to esteem of self and other. Intimacy issues related to self and others, the fifth of five problem areas, was introduced while comparing how self-intimacy and relationships with others were before and after the trauma.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Group members will use the Intimacy Module to confront stuck points regarding intimacy in the Challenging Beliefs Worksheets daily. Members will also write another Impact Statement describing their current thoughts and beliefs about themselves, others, and the world related to their traumatic event.

**Plan:** Continue Group CPT for PTSD.

**Session 12 Group Progress Note: Intimacy Issues and Meaning of the Event**

**Contact:** 90-minute group psychotherapy session

**Content:** Group member completed the 12th/final group session of CPT for PTSD.

Group facilitators provided check-in with group members.

Group members reviewed and challenged intimacy issues, assumptions, and other stuck points using the Challenging Beliefs Worksheet. The new Impact Statement was discussed and compared to the first Impact statement. Members reviewed the course of treatment, concepts and skills, credit for dealing with the event, progress during treatment, and continuing success through application of the skills developed in treatment.

Group facilitator asked for the group member’s reactions to the session.

Patient was/was not an active participant in group.

The patient’s mood was \_\_\_\_\_\_\_\_\_\_ and affect was \_\_\_\_\_\_\_\_\_\_. The patient reported/denied suicidal or homicidal ideation/behaviors. No pain noted by patient.

The PCL-5 was completed with a score of XX.

**Practice Assignment:** Remind group members to continue to use the skills they have learned.

**Plan:** Conclusion of CPT group treatment. Follow-up appointment scheduled for XX/XX/XX (approximately 30 days).